ALCOHOL

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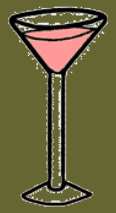
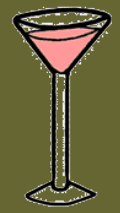


WHAT IS ALCOHOL?



* *Alcohol is the MOST ABUSED drug by Soldiers.*
* *Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.*
* *Alcohol is a Central Nervous System (CNS) depressant.*
* *Alcohol is considered to be a gateway drug to other drug use.*
* *People who drink alcohol are more prone*

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WHAT IS ALCOHOL?

- *A standard alcohol drink is considered to be:*
  - *One 12-ounce bottle of beer/wine cooler*
  - *One 5-ounce glass of wine*
  - *1.5 ounces of 80-proof distilled spirits.*

- *Alcohol is also known as:*
  - *Booze*
  - *Juice*
  - *Sauce*

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WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

* ***Blood Alcohol Content (BAC)*** ***- The amount of alcohol present in a 100 milliliter (mL) volume of blood.***

* ***The BAC is related to the user's:***
  - ***Body Weight***
  - ***Metabolism***
  - ***Drinking Speed – Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.***

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EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC **– No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.**

.04 - .06 BAC – Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. .05 IS THE LEGAL LIMIT IN THE U.S. ARMY.

.07 - .09 BAC – Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. IN MOST STATES THE LEGAL LIMIT IS .08.

.1 - .125 BAC – Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. IT IS ILLEGAL IN ALL STATES TO OPERATE A MOTOR VEHICLE AT THIS STAGE.

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EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC – Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC – Dysphoria predominates, nausea begins to appear. The drinker appears to be a *"sloppy drunk"*.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

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IMMEDIATE PHYSICAL EFFECTS

- Slurred Speech
- Slow Reactions
- Irregular Pulse
- Blurred Vision
- Loss of Inhibitions
- Dizziness

- Staggering
- Nausea/Vomiting
- Impaired Motor Skills
- Enlarged Heart
- High Blood Pressure
- Unconsciousness

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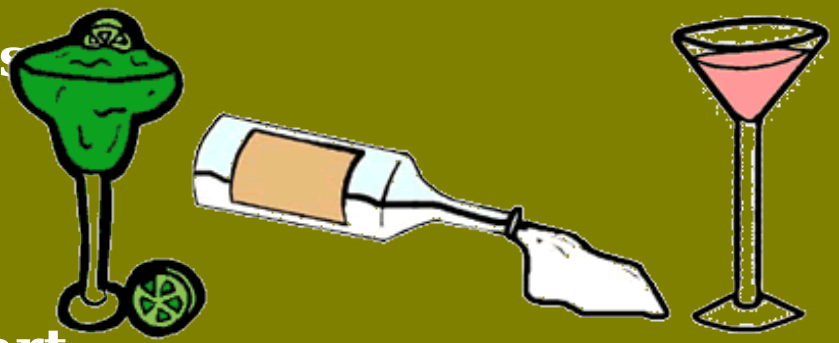
PHYSICAL SIGNS OF USE

- Dilated Pupils
- Irregular Puls
- Enlarged Heart
- Alcohol Odor on Breath
- Nausea/Vomiting
- Slow Reactions
- High Blood Pressure
- Unconsciousness
- Dizziness
- Slurred Speech
- Blurred Vision
- Overdose/Death



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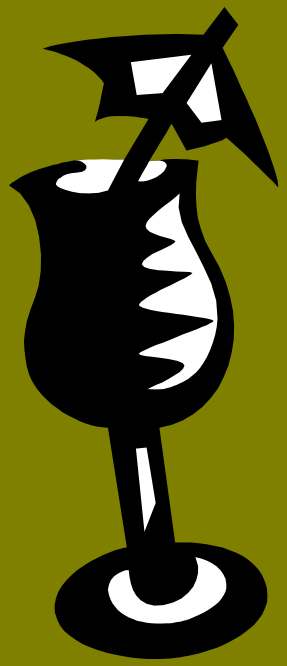
LONG TERM EFFECTS

- Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet



- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death

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ALCOHOL WITHDRAWAL

- ***When an alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:***
  - ***Auditory Hallucinations***
  - ***Paranoid Behavior***
  - ***Body Trembles, "The Shakes", this can occur as early as 12 hours after the last drink.***
- ***The alcohol dependent person may also show minor signs of withdrawal:***
  - ***Agitation***
  - ***Profuse Sweating***
  - ***Nausea/Vomiting***
  - ***Incoherent Speech***

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ALCOHOL WITHDRAWAL

- ***The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:***
  - ***<u>Delirium Tremens (DTs)</u> - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.***
  - ***Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.***

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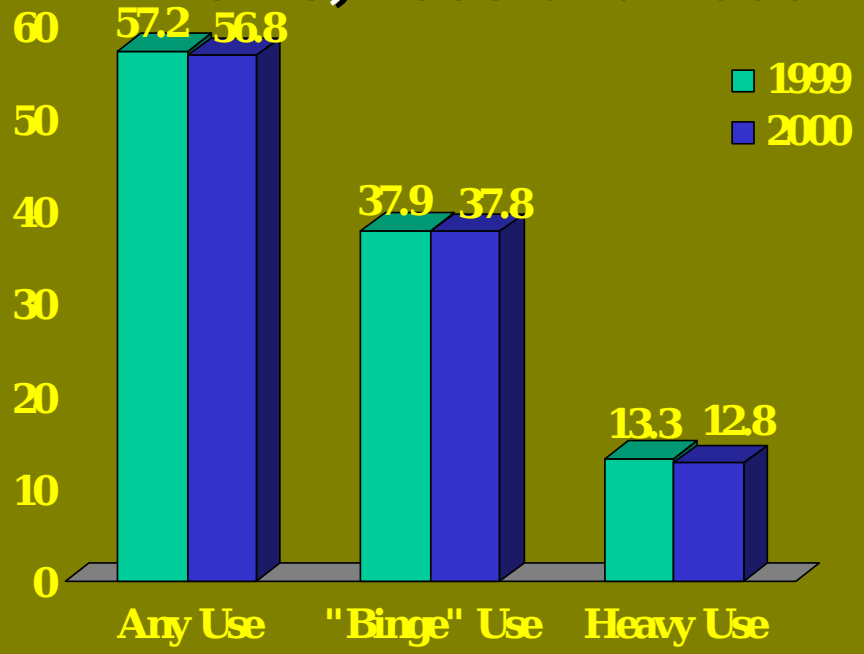
ALCOHOL USE IN THE UNITED STATES

Percentages Reporting Past Month Alcohol Use, Past Month "Binge" Alcohol Use, and Past Month Heavy Alcohol Use Among Persons Aged 18-25, 1999 and 2000



2000 National Household Survey on Drug Abuse

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ADDITIONAL RESOURCES

- http://www.niaaa.nih.gov/
- http://ncadi.samhsa.gov/
- http://www.edrugrehab.com/drugs/alcohol
- http://www.aa.org
- http://www.al-anon.alateen.org/

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Check Point!

Now You Choose…

proceed

1. Alcohol is a central nervous system_____

Depressant ?

Stimulant ?

Inhalant ?

Hybrid ?

"It's Only Beer"
More drinking/driving crashes are caused by beer drinkers.
Beer drinkers drink more in a shorter period.
Beer drinkers have a higher rate of fatally injured drivers.
Think before you drink

Correct!

Alcohol is a central nervous system Depressant.

proceed

The correct answer is ‘Depressant’…

Alcohol is a central nervous system Depressant.

WHAT IS ALCOHOL?

- ***Alcohol is a Central Nervous System (CNS) depressant.***
- ***People who drink alcohol are more prone***

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2. Alcohol is the most abused drug by soldiers:

True ?

False ?

Correct!

Alcohol is the most abused drug by soldiers.

proceed

The correct answer is 'True'...

Alcohol is the most abused drug by soldiers.

WHAT IS ALCOHOL?

- ***Alcohol is the MOST ABUSED drug by Soldiers.***
-
-
-
- ***People who drink alcohol are more prone***

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3. According to the army after a person reaches .05%
BAC and above, they are considered drunk on duty

True ?

False ?

Correct!

According to the army after a person reaches .05% BAC and above, they are considered drunk on duty.

proceed

The correct answer is 'True'...

According to the army after a person reaches .05% BAC and above, they are considered drunk on duty.

EFFECTS OF ALCOHOL AND BAC

.04 - .06 BAC – Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. .05 IS THE LEGAL LIMIT IN THE U.S. ARMY.

MOTOR VEHICLE AT THIS STAGE.

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4. Alcohol can cause damage to the _____

Brain ?
Liver ?
Heart ?
Unborn Child
All the above

Correct!

Alcohol can cause damage to All the Above.

proceed

The correct answer is ‘All the Above’…

Alcohol can cause damage to <u>All the Above.</u>

- Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet
- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death

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5. Once reaching the legal Blood Alcohol Content of .08% per 100 ml (milliliter) volume of blood, and driving, you are DWI:

True ?

False ?

Correct!

Once reaching the legal Blood Alcohol Content of .08% per 100 ml (milliliter) volume of blood, and driving, you are DWI.

proceed

The correct answer is 'True'…

Once reaching the legal Blood Alcohol Content of .08% per 100 ml (milliliter) volume of blood, and driving, you are DWI.

EFFECTS OF ALCOHOL AND BAC

.07 - .09 BAC – Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired.

IN MOST STATES THE LEGAL LIMIT IS .08.

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impaired. IT IS ILLEGAL IN ALL STATES TO OPERATE A

Thank You…

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type your name & organization, and print it out.

Save a copy to your files to email it to

usarmy.lee.imcom.mbx.leee-ima-adco@mail.mil

& your organization Training Officer, confirming you have completed this Army Substance Abuse Program online training.

(If you have questions, call 734-9079.)